



# 5k *Live, Work, Move, Seminole*

## EVENT INFORMATION

The 2<sup>nd</sup> Annual Live, Work, Move Seminole 5K will be held on Saturday, April 9, 2016. The 5K and free kid's 100 meter dash race will take place from 7:30 a.m. to 11 a.m. at Fort Mellon Park, 600 East 1<sup>st</sup> Street, Sanford, Florida. *Live, Work, Move Seminole 5K* was developed to celebrate healthy living during National Public Health Week (April 4-10, 2016).

## TRAINING

To prep participants for the 5K, No Limit Health and Education is offering a free Couch to 5K training every Thursday at Fort Mellon Park from 6 p.m. to 7 p.m. Contact Pernel Bush at [pbush@nolimitedpowerment.org](mailto:pbush@nolimitedpowerment.org) for more information.

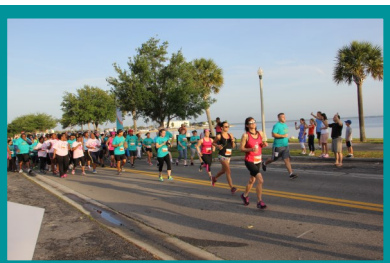
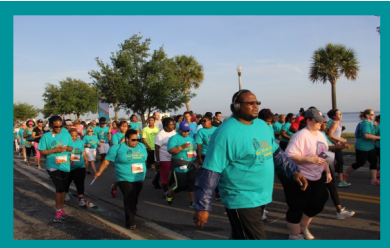
## REGISTRATION

[Registration](#) is \$25 per person and includes a finisher's medal, t-shirt and race swag bag. For more information about individual registration, please visit [www.SeminoleCoHealth.com](http://www.SeminoleCoHealth.com). For more information about sponsorship and group registration, contact Venise White at 407-665-3008 or [Venise.White@flhealth.gov](mailto:Venise.White@flhealth.gov).

## AWARDS AND RECOGNITION

DOH-Seminole will present city officials from Sanford and Oviedo with the 2016 Healthy Weight Community Champions Award immediately following the 5K.

Additional awards and recognition will be given to registered teams with the most participants in the following categories: school with the most students, teachers, administrators and staff; employer with the most employees; faith-based community with the most members; neighborhood community with the most residents; and social, recreation or fraternal group with the most members.



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